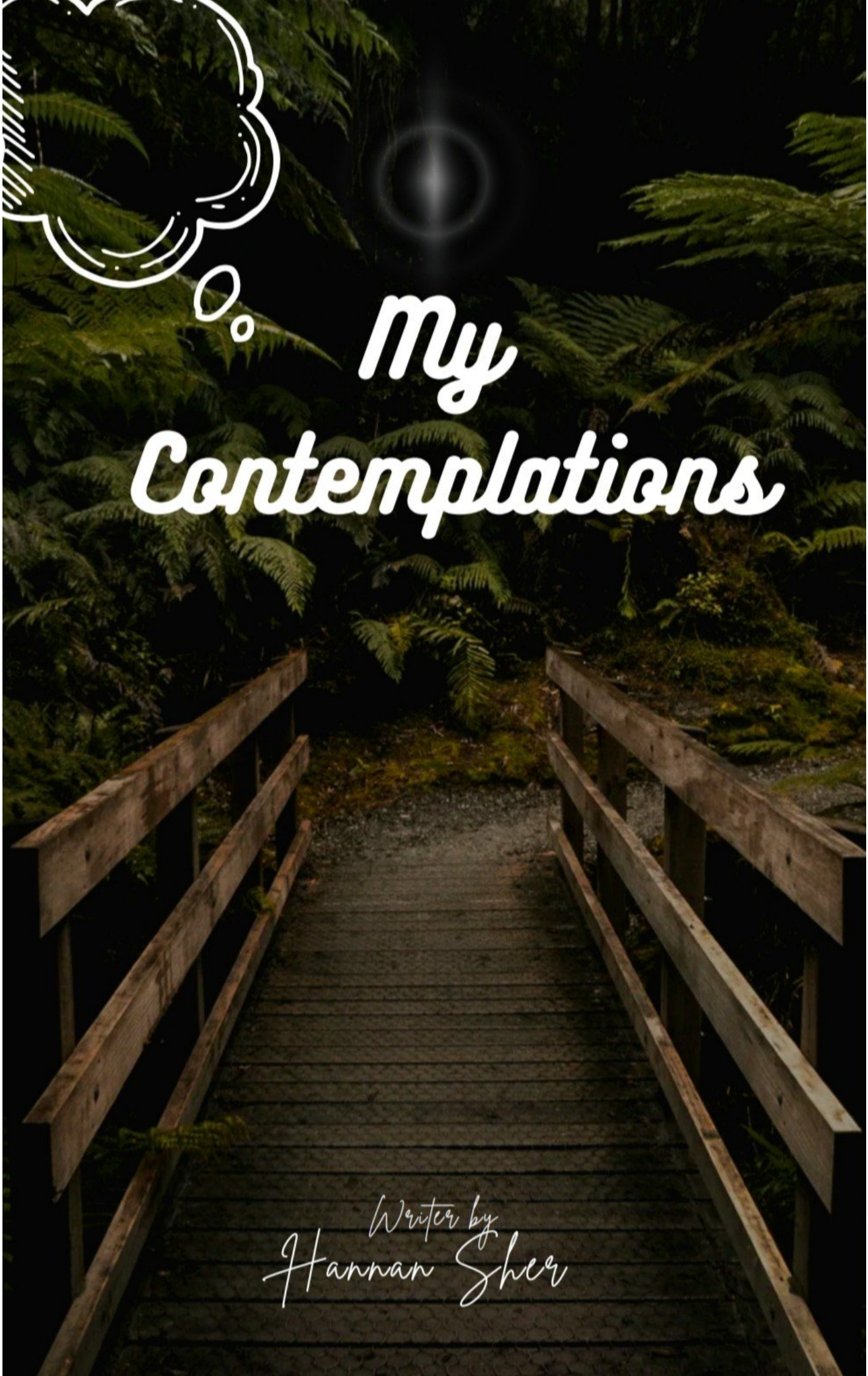

My
Contemplations
Writer by
Hannan Sher

“Having a thin shell but a rock hard-core is the essence of success”

This article light up the concept of success. Before we dive into this we have to know about the picture that what the success according to most of the people is (especially the third world). How much money you have, how bold you are, how brand obsessed you are and how trendy you are is what matters. Means they prioritize superficiality (the shell). A double-edged sword Social Media is adding fuel to this. People are being caged in such circumstances that they are moving very fast but covering no distance.

They are feed with these thoughts by social media and as a result they have lost their power of creative thinking and continue to sink in this marsh. In my opinion the success is adding something meaningful to the world. As we are created by Allah Almighty for some purpose, we have to identify and work on it not only to achieve but also to light up the world with our experiences and findings. There should be no hurdles. Everyone is capable of doing it. Materialistic things like color, race, brand obsession, money etc doesn't matter for being successful. These are referred as thin shell in this article. Knowing your aim, having faith, being persistent, with a lot grit and core knowledge is what matters.

Firstly Everyone has the craze of being rich by any means. They dream for it, work for it and does a lot. But did you know according to an estimate only 10-15 % of billionaires inherited their wealth and rest of 85-90% didn't have this shell to proceed they have to make their core rocky hard by passion and persistence to achieve such milestones. By their progress they explored new ways to be succeeded.

There is a beautiful example in Islam of Hazrat Bilal companion of Hazrat Muhammad (PBUH). He was an Abyssinian despite not having (socially) attractive looks and being slave he have a god given talent.

The art of delivering azan. By knowing and proceeding in it. He was appointed as the first muezzin of Islam. Which reflects that the shell (outlook and money) doesn't matter. What matter is your faith (your core).

The successful and respected people of history didn't focus on the brand they were wearing. Even that didn't bother them about what they were wearing. Their focus was their goal of what they wanted to achieve, which helps them to be remembered forever. They were obsessed with branding, they would not have been able to achieve it because it needs time to choose, money to buy and leisure to show off.

But the greats didn't have time to do so.

To add something in the world
you have to be out of the
dilemma of
“What the world will say”. If Ibn
Sina, Issac Newton, Einstein
and more
have this fear they would never
do such discoveries which were
out of
the shell of their era. They
strengthen their core by
getting knowledge,
creative thinking and passion.
They forgot what people are
saying and
proceed to get their core rock
hard to achieve their
discoveries that
would lighten the world. And
know they are still alive in
literature.

Secondly, Stephen Hawking a brilliant British author, physicist and cosmologist. Who has contributed a lot in the fields of general relativity and quantum physics . He enlighten the world about the concept of black holes and nature of universe .Despite having diagnosed with the disease known as “amyotrophic lateral sclerosis” at the age of 21.Have never take it an accuse. His body is paralyzed by using on check muscle movements which are interpreted by a computerized speech synthesizer he has done wonders.

Thirdly, Paul Alexander commonly known as “the Iron Lung Man”. During polio outbreak in 1940-50 he was infected with polio and paralyzed from neck to feet. He has to be in iron lung to remain alive.

With all this he didn’t lost hope and continued his determination. He became advocate, wrote a lot of, books and done significant work to promote the awareness about vaccination of polio.

Fourthly, Lionel Messi one of the greats of football was diagnosed by "growth hormone deficiency" in young age. In this condition person face stunted growth, reduced bone deficiency, decreased muscle mass, poor cognitive function and psychological facts. Having such disability and lower class background Messi didn't look back and keeping on hard work and dedication to become a football player. As a result, of his passion and persistence FC Barcelona recognized Messi's talent and sponsored his treatment. And now his is the greatest football player. Having most Ballon d'Or awards , most goals in a calendar year , most goals for a single club , most goals in La Liga , winning world cup for Argentina and much more signifies hi rocky hard core. And know he is an inspiration for whole world.

There are many other examples in past and present that
show's how you look , your race , your wealth doesn't matters what
matters is your knowledge and contribution towards humanity. By
staying away from external beauty we have to consider the inner
charm. Which defines a personality. Giving respect to knowledge and
getting advantage to strengthen your core must be the goal to get
success. Ultimately, it's not just the about appearing tough on surface;
true success lies in possessing inner strength that with stands any
challenge thrown your way.

Hannan Sher

Unawarely Aware : The disease of "Self medication:-"

Disease is an abnormal condition that impairs the normal
functioning of a body. Disease can effect whole world(pandemic),a
region, a person or any organ.
Disease is of many types but in this article the main focus is on
Psychological disease (the abnormal thoughts, feelings, behaviour).
The disease/disorder of behaviour(repetitive, stubborn behaviour that
cause distress in person's & other's life)
perfectly interlinks with the disease of self medication.
Self medication is medication of ourself without advice of
experts. It includes self diagnosis, self expertise, self prescription &
self inscription. It purely based on the self knowledge, experiences
and community myths.
Community myths are based on what we received from our
elders whether they are right or wrong we continue to follow without
research.

Some supporting facts towards the topics are:

First, we take medicine on basis of myth and self experiences e.g. if someone has developed fever (patient take paracetamol) without knowing the cause, duration, severity and underline mechanism of disease which may causes: Underline damage to remain untreated, causes toxicity results in renal disorder, On and off fever with increasing severity occurs and In dangerous progressive stages approach towards doctors is costly and sometimes useless because disease proceeds untreatable level.

Second, the use of antibiotics is very common with symptoms like cough fever, chill, wouping cough, diarrhoeas etc. People take antibiotics like Ciprofloxin, amoxicillin etc. Frequently without physicians advice on their own.

As a result:

- Resistance develop against these antibiotics.
- If they used correct antibiotic the dose is not adjusted

properly so the stages at which they reach the hospital they require heavy antibiotics which may harm them.

Third ,The Self medication in pregnancy.

Pregnancy is an attention seeking condition which requires care and vigilance.

So, the decisions taken during pregnancy should be with care.

The self medication like the use of nsaids, antihypertensive, antibiotics etc. If used improperly these may cause the relief of symptoms for short period but can lead to the effects like miscarriage, bone defects, kidney damage, lung diseases and other life threatening conditions.

Another dilemma related to self medication is :

People using certain drugs for the relief of the disease on the prescription of physician, they refer the drug to the other people considering that they have the same symptoms so they are having same disease as they are suffering from. This is totally not based on history and proper diagnosis from physician. As a result this may leads to resistance, toxicity, hypersensitivity, auto Immunity and other lethal conditions.

Self medication is more and more common in the developing countries depending upon the fact that they have financial issues, community myths, ignorance, lack of time, common practice and frequent use of uncooked knowledge which make it awarly unaware disease .

In short, the frequent and overlooked use of self medication should be discouraged other wise it continue to cost life's. The unaware use of self medication reflects the lack of knowledge of health in a certain region. We have to think individually ,as community and on government level to eradiate this disease . The steps like advertisement on social places, T.V commercial, financial stability and proper environment in hospital etc. should be done. Concerning point is that in many areas such as villages the approach to health sector is costly and difficult. Government should provide the facilities to address this problem. WHO recommends that the 5% of total budget should be spent on health department, by fulfilling this criteria many problems will be addressed.

Hannan Sher

Socioacusis: The Bitter Fruit of Modernity's Approach Towards the Use of Headphones.

INTRODUCTION:

In this so called glittering modernistic world we are facing a lot of dilemmas of which this article directs attention towards a new sprouting curse, the Socioacusis. It wrecks our one of five senses, Hearing. Upon copious etiologic factors the most overlooked cause is the use of Headphones. Not just the use of headphones but the modernistic use. hhich implies there use as to appear suave, to give an impression of being busy, having me time, engaging in online games, covert chatting and a lot more.

What Socioacusis is:

In order to understand Socioacusis we have to have some knowledge of ear. There are three parts of ear outer, middle and inner. Socioacusis has effect on inner ear. So, inner ear has a structure called chochlea containing hair cells. Hair cells covert sound vibrations into electrical signals and these electrical signals through nerves goes to brain and sound is heard.

Know we define socioacusis:"it refers to the hearing loss that is associated with societal and environmental factors such as prolonged use of headphones, everyday noice in urban environments, recreational noice etc".

How socioacusis effects hearing?

In order to become modern, to look cool, to hear music and to play online games people use headphones for long time without having any breaks.

This prolong usage causes;

1.Damage to hear cells: loud sounds for long time causes the intense vibrations in chochlear fluid and overstimulates to the hair cells result in damage to these cells. hhich results in Socioacusis.

2. Exitotoxicity and free radical formation: Prolonged
exposure of loud sound causes the release of glutamate a neurotransmitter which starts a pathway
leading towards the hair cells damage. Because of prolonged noise exposure there is increase in metabolic activity causing the production of toxic free radicals which adversely effects the inner ear.

3. Inflammatory process: the damaging noise stimulates and inflammatory response in inner ear
which further worsens the condition.

4. Damage to neural pathway: Nerves are those structures which brings the signals towards and away
from brain. Prolong noise exposure damages the auditory nerve thus adding salt to wound. Impairing
the hearing permanently.

5.Apoptosis: Because of chronic use of headphones
the hair cells of inner ear under goes apoptosis which is a programmed cell death.

Determinants of damage:

.Sound intensity which is the measure of energy by the sound waves in simple words how loud a sound is.

and it is measured in decibels (dB). So, sound of intensity
80-85 (dB) have contributed towards socioscusis.
.On Noise spectrum the medium and high spectrums have worst effects. Means they causes negative impact on inner ear.
.Time is the most important factor contributing towards socioacusis. People who wears headphones for
long time without taking any rest or needed rest suffers a
lot. As a result stapedius and tenser tympani muscles are
unable to adopt such pressure and loses there function.
Leading towards socioacusis.
Patient's representation:
They came with the history of continuous use of headphones for long time, hearing loud music etc. Having
the feeling of ear fullness which irritates a lot. Suffering
with tinnitus a condition in which without any external
sound source patient perceives bussing, humming and
ringing. The intensities of which varies patient to patient.
Also tells the history of headache. On audiogram we

observe a decrease in threshold of hearing after exposure
to noise which after returns normal with it there is hearing threshold drops to 4kHz frequency which returns
to normal after rest. Other representations may be
difficulty understanding speech and hearing fatigue etc.
Targeted people:
80 percent of adults in youngest age group reported using headphones or ear-buds connected to
audio devices. And a study by centers for disease control
and prevention indicated that nearly 1 in 5 teenagers in
US exhibits some degree of hearing loss because of use
of headphones or ear-buds connected to audio devices.
Socioacusis may effects all of the age groups but people
with young age are at higher risk as there most of the
time is spent on using headphones.
Although the young population is the
cream of the nation but the abusive use of headphones
and other such gadgets are not only taking away the
creativity from them which means making them deaf

socially and progressively but also taking away their
precious sense of hearing.

Prevention:

The best way to get rid of socioacusis is prevention. Few ways are;

.By using the headphones when necessary with the
breaks after every 60 minutes. This break helps a lot by
giving time to ear structures to get rest and time to
restore normal functioning.

.By not using headphones as a symbol of being modern
and fashionable. Take them only a device.

.Make yourself busy in other activities so that the stimulus of using headphones without any need reduces.

By making timetable and dividing time for different
activities or fixing a time for the use of headphones.

.Regular checkup also helps in prevention of socioacusis
as physician warns about the worsening condition thus
the reversal is easy and effective.

.Check and balance of volume of sound is also very important as high volume destroys the hair cells. Trying to keep volume to 50-60 while using headphones.

Conclusion:

Socioacusis shows the unexpected downsides of modernistic advancements. Although headphones are evolutionary products in modern era but weather they give us benefits or not depends upon there usage. By balancing the use of headphones we can mitigate the bitter fruits of modernity's approach towards the usage of headphones. To achieve it we have to educate the people by running the advertisements , awareness ads and newspaper publications. he have to encourage the safe listening activities to protect over hearing capabilities and ensure the sound track of our lives remains vibrant for coming years.

Hannan Sher

“Panadol a misconceived drug In the eyes of the World”.

Panadol the generic name of it is acetaminophen/pracetamol. It's COX inhibitor which results in inhibiting the prostaglandins(Prostaglandins are those which causes pain and fever).As a result Panadol helps relieving pain and fever. But in recommended dosage.

Panadol has become a widely preferred and necessary household medicine around the world. Misleading concepts of people over it's usage make it spread widely. Popularity and easy availability took it's misuse to the roof. People took it as a friend of trouble. In any stress, pain, diseased state it is always with us. This article unveils the misconceptions regarding Panadol and shed light on its proper usage.

Panadol is used without ay check and balance. There is little awareness about the proper dosage of it. According to Recommendations different age group need's different dosage.

In different diseases the dosage also varies. People took it blindly which has it's own hazards. Like Resistance, allergy, toxicity etc.

Resistance occurs as initially it takes a small dose to relieve the symptoms like pain and fever, with time you have to increase the dosage to get the relief. Which effects the body in such a way that you need stronger drugs to cure even minor symptoms.

People can become dependent of it. Which means they don't feel relieved without using Panadol. It becomes difficult for them to accept Psychologically that they are cured. Just for minor stress they start taking tablets and tablets of Panadol.

Panadol is self-meditated a lot. Lack of Education and access to health care are making the road easier for its misuse. Especially, in the third world there is no proper system. With Poverty and lack of infrastructure further worsening the condition. Making it difficult for people to perceive an expensive cure for such minor conditions like pain and fever. Rather than taking the condition seriously they choose affordable ways to get relieved.

With a misconception of pain as a disease their focus is to relieve the pain only.

Because of its accessibility, availability and popularity. people Don't take it as a medication. Rather take it as a remedy. Believing it doesn't have any side effects and simply relieves pain and fever irrespective of the dosage.

People also take Panadol in combination with other medicines without knowing the adverse effects. Like it may cause drug induction (a process by which a drug enhances the effect of the other which occurs by enhancing it's metabolism or increase the absorption etc.) which can result in toxicity. Or may cause drug inhibition(a process by which a drug

reduces the effect of the other drug) resulting in decreased effect of drug altering the cure process.

Another concerning situation is people take alcohol along with Panadol and other acetaminophen containing drugs. As alcohol has it's adverse effects on liver which combines with that of Panadol leading to life threatening condition.

Lastly misconception is that Panadol can be used for all diseases. People consider the pain as disease and not as a symptom. They try to get rid of pain and once pain relatives they stop worrying about the disease which is hurting there body silently leading towards emergency situations.

Talking about side effects of Panadol there are many including nausea, vomiting, stomach upset, allergy(skin rashes) and liver damage when taken without proper recommendation from physician. Alarming situation comes when over dose is Taken which results in liver toxicity or liver failure. It occurs in a way that liver breakdown Panadol into such products that effects

Glutathione (which is an antitoxin means helps To get rid of toxin chemicals from the blood) result's in decrease of it. Which left the blood undetoxified leading to liver failure and even death.

Even for pain there are many different medications. Because there is not a single type of
pain that exists. Taking proper medication with the precaution is the way to cure a disease.

We have to take measures to reduce these misconception about Panadol. By educating people using advertisements, TV ads, easy excuses to health sector, government relief programmes and proper infrastructure. We not only get rid of this situation by these but also a lot of other health conditions.

To conclude we have to take proper measures individually as well as a whole to eradicate these widely spread misconceptions regarding the use of Panadol. To get benefits from this priceless drug we have to treat it accordingly. A physician's prescription must be the priority. To some extent in a little dosage and of once in a while you can take it as a self-meditation. But if used for long and persistent times it is life threatening.

Hannan Sher

An Essay

CRITICAL ISSUES SURROUNDING THE ABROGATION OF ARTICLES 370 AND 35A IN INDIAN ILLEGALLY OCCUPIED JAMMU AND KASHMIR.

KASHMIR, THE "PARADISE ON EARTH"HAS A RICH HISTORY OF BEAUTY, CULTURE,AND HERITAGE. DESPITE ITS STUNNING SCENERY, IT IS SURROUNDED BY LOTS OF CONTROVERSIES. THAT MAKES ITS BEAUTY AND GEOGRAPHY A BLESSING IN
DISGUISE. AS AN ANCIENT KINGDOM FROM THE 1ST CENTURY CE, KASHMIR IS
ALWAYS BEEN AN IMPORTANT REGION FOR RULERS. KASHMIR IS LOCATED NORTH OF THE TROPIC OF CANCER (23.5 DEGREE N) AND WEST OF SINO-INDIAN BOARDER OR SIMPLY IN NORTHERN HEMISPHERE.

REASON OF DISPUTE;

IN 1947 PARTITION OF INDIA AND PAKISTAN TOOK PLACE. THE BASIS OF WHICH IS TWO NATION THEORY. ACCORDING TO IT, THERE WERE TWO MAJOR NATIONS IN SUBCONTINENT: ONE MUSLIM AND THE OTHER HINDU. THE MUSLIM MAJORITY
PLACES BELONGS TO PAKISTAN AND HINDU PLACES TO INDIA. BUT KASHMIRI RAJA
MAHARAJA HARI SINGH, UNDER THE INFLUENCE/CIRCUMSTANCES, DECIDED TO
JOIN INDIA. AS IT IS AGAINST THE WILL OF THE KASHMIRIS. FROM THERE, THIS
PARADISE ON EARTH BECAME A DISPUTED AREA.

ARTICLE 370 AND 35A;

ARTICLE 370 WHICH WAS ADDED TO INDIAN CONSTITUTION IN 1950. IN IT THERE ARE 03 MAIN POINTS: 1-STOPAGE MEASURES. 2-SPECIAL STATE. 3-LESS/LIMITED POWERS FOR CENTRAL GOVERNMENT IN TERMS TO MAKE LAWS FOR KASHMIRI ETC.ON THE OTHER HAND ARTICLE 35A ALSO HAVE SOME IMPORTANT POINTS LIKE;
RIGHTS AND PRIVILEGES FOR PERMANENT RESIDENTS, PROPERTY RIGHTS AND
SCHOLARSHIPS. ARTICLE 35A WAS INTRODUCED IN 1954.

ABROGATION OF ARTICLE 370 AND 35A;

IN INDIAN ILLEGALLY OCCUPIED JAMMU AND KASHMIR THESE ARTICLES WERE
ABROGATED ON AUGUST 5, 2019. AS A RESULT THE SPECIAL STATUS OF JAMMU
AND KASHMIR WAS REVOKED. WHICH LED THE REGIONAL ORGANIZATION INTO TWO

SEPARATE TERRITORIES. WHICH WERE JAMMU AND KASHMIR, AND LADAKH. AFTER
THAT THE BLACK CHAPTER OF HISTORY HAS BEEN WRITTEN. THERE ARE MANY
CRITICAL ISSUES SURROUNDING IT ARE AS FOLLOW:

SITUATION OF UNREST:

ABROGATION OF THESE ARTICLES WAS LIKE A KNIFE IN THE BACK. AGAINST WHICH THEY START PROTESTING AGAINST THE CENTRAL GOVERNMENT. AS IT WAS THE WAR OF PEACE FOR THEM. THEY START FIGHTING FOR THEIR RIGHTS. IN REACTION INDIAN GOVERNMENT DEPLOYED THE ARMED FORCES IN IILOK. WHICH FURTHER
WORSENED THE SITUATION. WHICH RESULTS THE UNREST IN THE REGION.

LOSS OF LIVES:

ACCORDING TO REPORTS FROM AUGUST 2019 TO DECEMBER 2022;
-750 MILITANTS INCLUDING ABOVE 80 PERCENT OF LOCAL KASHMIRI YOUTH WERE
KILLED.
-215 SECURITY PERSONAL HAVING 60 FROM KASHMIRI POLICE WERE KILLED. THERE ARE REPORTS SHOWING 44, 38, 29 AND 29 CIVILIANS WERE KILLED IN 2019,2020,2021 AND 2022 RESPECTIVELY.
MANY REPUTED PERSONALITIES WERE ALSO KILLED BY INDIAN MILITARY. SOME OF
THEM ARE AS FOLLOW:
SALEEM SHAH, SHAHID MANSOOR, MUDDASIR AHMAD, UMAR KHAN, ZAKIR MUSA, RIZWAN PANDIT AND A CUSIN OF BURHAN WANI THE LEGEND OF KAHSMIR.

IMPRISONMENT OF REPUTED PERSONALITIES:

DURING THE DISPUTE MANY KASHMIRIS WERE IMPRISONED BUT THE MOST IMPORTANT ONES ARE SIR OMAR ABDULLAH, RESPECTED MOHBOOBA MUFTI,FAROOQ ABDULLAH, SHAH FAESAL, ALI MUHAMMAD SAGAR, NAEEM AKHTAR,SAJJAD LONE, HILAL LONE AND FAYAZ MIR. THIS FURTHER POURS OIL ON FIRE. IN RESPONSE KASHMIRIS BECAME MORE FURIOUS. THE PROTESTS BECAME

AGGRESSIVE. AND SITUATION BECAME OUT OF CONTROL. THIS IS ONLY BECAUSE OF
A BAD DECISION FROM INDIAN GOVERNMENT.

PSYCHOLOGICAL STRESS:

PELNG IN WAR SITUATION IS ALWAYS AN IRRITATING AND STRESSFUL SITUATION
WHICH HITS WHOLE OF THE AREA. ESPECIALLY FOR CHILDREN AND WOMEN IT WAS
FULL OF TRAUMA. EVERY TIME THE FEAR OF BEING KILLED OR IMPRISONED IS AN
UNBEARABLE SITUATION. THERE WAS AN AWFUL AND ANXIOUS STATE FOR CHILDREN TAKING AWAY THEIR CHILDHOOD AND RUINING THEIR PEACE. IN THE AGE OF PLAY AND LEARNING THEY ARE FACING A CRISIS. IN SHORT, IT WAS A BLUNDER FROM
INDIAN GOVERNMENT.

ECONOMIC CRISIS:

BECAUSE OF LOCKDOWN SITUATION THE ECONOMY OF THE REGION SUFFERED A LOT.
ACCORDING TO REPORTS WITH IN FOUR MOUTHS OF IT THERE IS LOSS OF 17,878
CRORE. WHICH IDICATE THE SEVERITY OF THE CRITICAL SITUATION. THE INDUSTRIES LIKE AGRICULTURE, HORTICULTURE, TOURISM AND HANDICRAFT WERE EFFECTED THE MOST. AND FROM 2019 TO 2022 BILLIONS OF DOLLARS WERE LOST.WHICH IS A LOT. SMALL BUSINESSES WERE CLOSED. PEOPLE WERE LIVING THERE WORST PHASE OF LIFE. HAVING DIFFICULTIES IN OBTAINING FOOD. WHICH LEADS THEM TO BECOME ILL. BECAUSE OF LOCK DOWN THEY DON'T ABLE TO AVAIL THE PROPER MEDICAL FACILITIES. NUMBER OF CHALLENGES SIMULTANEOUSLY HIT
THEM.

EDUCATIONAL LOSS:

THE CRISES HIT THE EDUCATION SECTOR BADLY. THE SHUTDOWN OF SCHOOL, COLLEGES AND UNIVERSITIES CONTRIBUTED A LOT TO EDUCATIONAL LOSS. OTHER
THAN THAT THE INFRASTRUCTURE OF THE BUILDINGS WERE EFFECTED WHICH FURTHER WORSENS THE SITUATION. THE EXAMS AND ADMISSIONS WERE DELAYED KEEPING EDUCATIONAL SYSTEM STUCK TO A POINT.

INTERNET SHUTDOWN:

IN 21TH CENTURY THE INTERNET IS MOST IMPORTANT NEED. TO BE UPDATED

FROM THE SITUATION, WHAT IS GOING ON IN THE WORLD, EDUCATIONAL RESOURCES

ETC ALL DEPEND UPON THE INTERNET. BUT MODHI GOVERNMENT TOOK THIS SERVICE FROM KASHMIRIS. THUS, FORCED THEM TO LIVE LIFE IN DARKNESS. WITH IT THE MOBILE PHONE SERVICE WAS ALSO DOWN. AS A RESULT THERE IS SOCIAL CUT OFF FOR KASHMIRIS. MAKING KASHMIR JAIL THE INDIAN GOVERNMENT BECOME

THE SYMBOL OF CRUELTY. ALL THEY WERE DOING WAS AGAINST THE HUMANITARIAN

LAWS.

TOURISM BADLY AFFECTED AREA:

KASHMIR IS THE LAND OF BEAUTY. HAVING MOUNTAINS, GREENERY, SCENERY AND

THE BEAUTIFUL WEATHER. FOR TOURISTS IT IS HEAVENLY. AS OF 2019 KASHMIR

EARNS APPROX. 1-2 BILLION DOLLAR FROM TOURISM. WHICH AFTER 2019 DROPPED

70-80 PERCENT. WHICH WAS A HUGE LOSS.

INTERNATIONAL ROLE:

UNITED NATION EXPRESSED CONCERNS ON SITUATION AND ALSO HELD A CLOSED

DOOR MEETING ABOUT THE UNREST.

FOR THE FIRST TIME AN INTERNATIONAL BODY CHINA CALLED A PRIVATE MEETING

TO DISCUSS THE KASHMIR ISSUE

STATEMENT FROM EUROPEAN UNION:

"THE EUROPEAN UNION IS CLOSELY FOLLOWING THE SITUATION IN KASHMIR. WE CALL ON INDIA AND PAKISTAN TO ENGAGE IN DIALOGUE AND FIND A PEACEFUL SOLUTION."

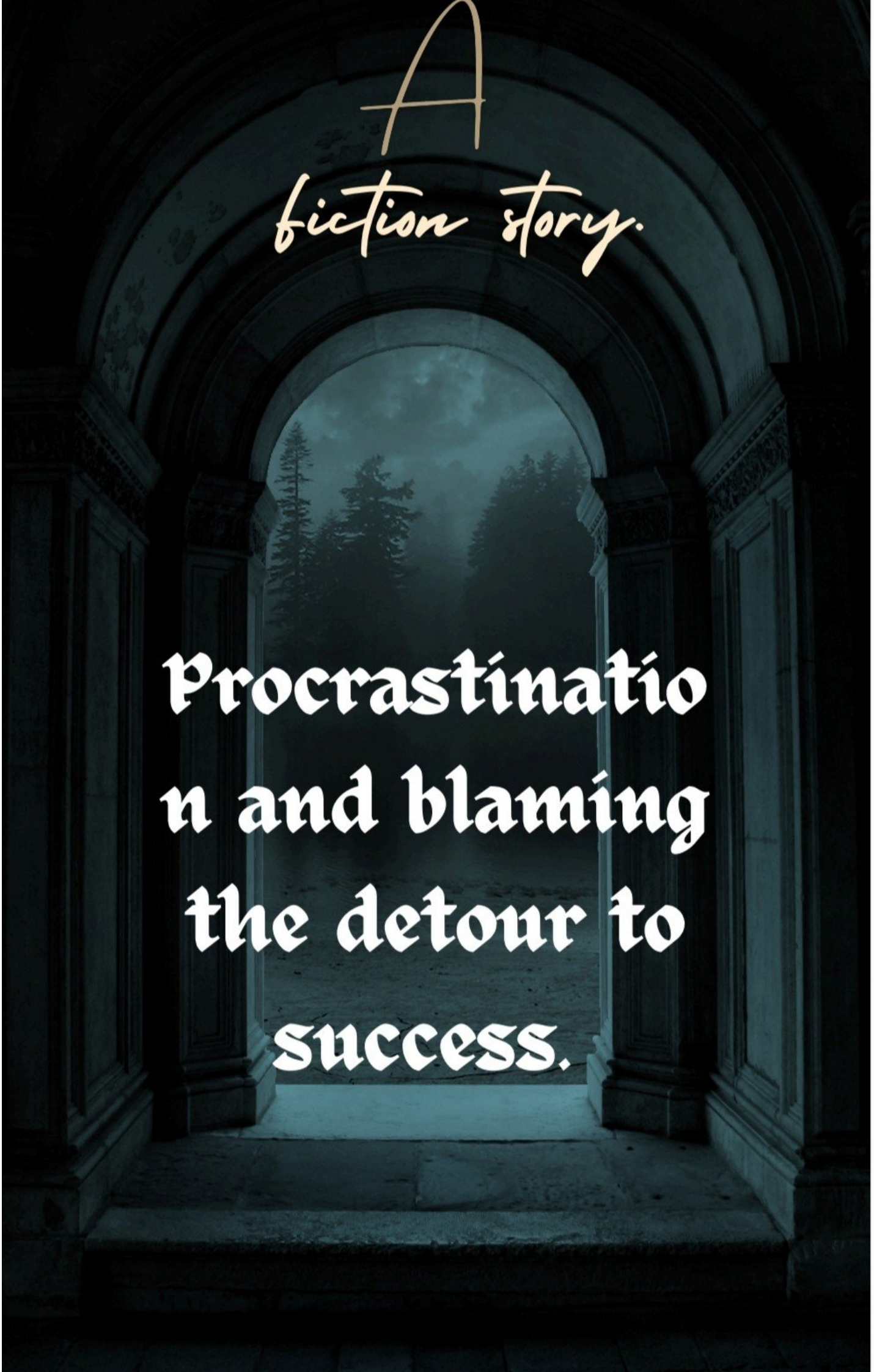
PAKISTAN'S STEPS;

PRIME MINISTER IMRAN KHAN DOWNGRADED DIPLOMATIC RELATIONS WITH
INDIAN, SUSPENDED TRADE FROM INDIA ALSO EXPELLED INDIAN HIGH
COMMISSIONER.
MANY HUMAN RIGHT ORGANIZATION ALSO SPOKEN TO STOP CRUELTY AGAINST
KASHMIRI'S.

CONCLUSION:

IN 21ST CENTURY PARTICULARLY WAR IS NOT THE SOLUTION. INDIAN GOVERNMENT,KASHMIRI'S AND PAKISTANI GOVERNMENT HAVE TO SIT AND FIND THE SOLUTION.OTHERWISE THIS REGION WILL REMAIN TO STRUGGLE. FOR ME VOTING IS THE ONLY SOLUTION WHICH WILL BE FAIR. BY THIS VOTING WILL ASSURE PEACE IN THE REGION.STABILIZING THE ISSUES WILL HELP BUILD BROTHERLY RELATIONS.

Hannan Sher


A
fiction story.
Procrastinatio
n and blaming
the detour to
success.

HUNDREDS OF YEARS AGO, SLOUTIFFER WAS A POOR POET STRUGGLING TO LIVE HIS LIFE HAND TO MOUTH.

HE ALWAYS HOPED FOR MIRACLES TO HAPPEN. ALTHOUGH SLOUTIFFER IS PASSIONATE ABOUT HIS SUCCESS, HIS LIMITATIONS INCLUDE LAZINESS AND BLAMING. ONE NIGHT HE SAW A GREEN, SHINY LIGHT

TAKING HIM TO A WORLD OF LUXURIES WHERE HE FOUND PEOPLE ADMIRING HIS TALENT. INSTEAD OF SEIZING OPPORTUNITIES HE STARTED QUESTIONING THEIR UNDERSTANDING. IN EXCHANGE, THE LIGHT TOOK AWAY SLOUTIFFER'S VOICE AND THREW HIM BACK TO STRUGGLING LIFE. HE STARTED PRAYING FOR HIS

SPEECH TO COME BACK. ONE DAY, HE SAW A FLASH AND HIS VOICE RESTORED. TAKING THE LESSON HE

STARTED WORKING HARD.

Hannan Sher